

Will power and controlling power.

Do you experience both *will power* and *controlling power* in yourself? Because both these *powers* are extremely necessary for your own effort and for the progress of all other souls. If you do not have *controlling power* and *will power* in your own self, you do not have the power to make others *will* something. If you are not able to make others *control* their wasteful thoughts or their wasteful behaviour, you do not have any *will power*. *Will power* means that whatever you do, either through your thoughts, words or deeds, it should always be *willed* to the Father, that is, it should be offered to the Father. On the path of devotion, whatever they do, whether they are eating or walking, they say for the sake of saying it, that it is offered to God. However, here, you understand that whatever you did, you *willed* it to the Benefactor Father for the task of benefit. If you continue to offer whatever you have, you will become a mirror of someone who is worthy of an offering. Everyone naturally has a vision of the One to whom you make an offering and on whose behalf you make it. So the effort needed in order to offer something and to become a mirror is that you need *will power* and secondly, you need *controlling power*. You should be able to stabilise yourself, that is, your stage, wherever you wish. It should not be that you sit to stabilise your stage in remembrance of Baba, but you have wasteful thoughts or your stage fluctuates instead: this is not *controlling power*. In less than one *second*, you should be able to stabilise your thoughts wherever you wish. If you are not able to stabilise your own stage, how would you make others stabilise in the stage of soul consciousness? This is why you must constantly keep the awareness of your *stage* and *status*; only then will you be able to attain success in your aim. So, what will you remember as the main thing for *will power* and *controlling power* so that you imbibe both powers? The method of making effort for both these powers is included in just one word for each.

For *controlling power*, constantly keep the great contrast (mahan antar) in front of you, for your intellect will *automatically* go to that which is elevated; your intellect will naturally not go to that which is felt to be wasteful. Whatever actions you perform, if you continue to see the great contrast between pure and impure, truth and falsehood, the difference between awareness and forgetfulness, the difference between wasteful and powerful thoughts, then your intellect is *automatically controlled*. And for *will power*, there is the great mantra (mahan mantra). If you remember both the great contrast (antar) and the great mantra, you never have to make effort to *control* your intellect. This is easy. First of all, *check*, that is, think of the contrast and then perform the action. When you do not see the contrast but continue to move carelessly, you do not have the *controlling power* that you should have. Through the great mantra, you will *automatically* have *will power*, because the great mantra is remembrance of the Father, that is, constantly to stabilise your intellect on the Father, on the Father's activities and the Father's virtues. So by having the great mantra in the intellect, that is, by the intellect having a *connection* to the *Power House*, you will have *will power*. So, you should remember both the great contrast and the great mantra and you will easily be able to imbibe both *powers*. Keep the great contrast and the great mantra in your awareness, then use the eye of knowledge and see how much success you have. You were told what the activity of a swan is. It constantly sees the great contrast between jewels and stones. In the same way, if you constantly remember the great contrast, you easily remember the great mantra. When people come to know about something elevated, they automatically step away from the things that are of less value. However, by not remembering the contrast, you even forget the mantra, and you are not fully able to use the weapons of knowledge successfully. So, what will you do now? Simply remember two words. Be swans and continue to do that. Do you understand? Just as you have three special relationships with BapDada – although you have all relationships, there are three main ones – in the same way, throughout the whole day, you should remember your own three main forms. Just as there is childhood, young age, old age and then death, so this cycle continues all the time. Therefore, which three forms should you remember throughout the entire day so that you are easily able to have remembrance and have greater

success? Just as you speak of the three forms of the Father, in the same way, what are your three forms? When you wake up in the early morning hours of nectar and stay on the pilgrimage of remembrance or have a heart-to-heart conversation, what is your form at that time? That of a child and a master. When you have a heart-to-heart conversation, you remember the form of a child, and when you become an embodiment of experience of the pilgrimage of remembrance, you have the form of a master. So, at amrit vela, you have the form of a child and master. Then, what form do you have? That of a *Godly student life*, and then the third form is that of a server. Do you continue to perform your activities whilst adopting all these three forms throughout the day? You have these three forms, and then, what form do you have at night? At the end of the day, at the time of going to sleep, your stage is that of *checking* yourself and, as well as that, you have the stage of going beyond sound. Whilst stabilising yourself in that stage, you finish one day and begin the next day. So that stage should be as when you are asleep because you are not disturbed at that time by any noise or any worldly thing or attraction. When you are in a very good sleep and you have dreams, that is a different matter. You should make your stage like this before going to sleep. Just as the sanskars that souls take at the end become *merged* and then those sanskars emerge, in the same way, when you finish the day in this way, your sanskars become loving and detached. By going to sleep with these sanskars, you receive help from these sanskars the next day. Therefore, at night, when you finish the day, you should finish the old accounts with the fire of remembrance, that is, you should settle all your accounts with the power of remembrance. Just as when *businessmen* increase their debt if they do not settle their accounts; a debt is called a sickness, similarly, if there are any accounts of your karma or thoughts, of the whole day, you should settle them. Do not keep anything as a debt for the next day. Otherwise, it takes the form of a sickness and weakens the intellect. Settle your accounts daily and begin a new day with a new awareness. When you keep the accounts of your actions and thoughts *clear* in this way, you will become perfect and an image of success. If you are not able to settle your own accounts, how would you enable others to settle their accounts and karmic bondages? Therefore, your *register* should be cleared every night. Whatever has happened, burn it away in the fire of yoga, just as people burn away thorns and make the name and trace of them disappear. In the same way, with the power of *knowledge* and the power of remembrance, that is, with *will power* and *controlling power*, you should keep your *register* clean every day; nothing should accumulate. The wasteful thoughts and actions of one day should not *leak* into the next day, that is, there should not be a debt. Past is past, *full-stop*! Those who keep their *register* clean in this way, that is, those who settle their accounts are easily able to become embodiments of success. Do you understand? Become a *checker* for the whole day.

In the cycle of self-realisation, there is this cycle of one day. In the beginning, when you used to have *drill*, you would go from one circle into another and then come out of it. So this is an unlimited cycle of 5000 years, and within that, there are little cycles. So your cycle of the day should always remain *clear*. There should not be any confusion in that, only then will you become rulers of the globe. You know how to clean your *register*, do you not? Nowadays, *science* has also created such *inventions* that whatever is written can all be erased so that you are not even aware of what was written. So, with the power of *silence*, are you not able to clear your *register* every day? This is why it is said: Who can be loved by the Father, by God and who can be loved by the deities? Those who have honesty and cleanliness are loved by God and are also loved by people; and they even love their own selves. Everyone likes honesty and cleanliness. To keep your *register* clean is also cleanliness. The Lord is pleased with an honest heart. That is, when you have courage and remembrance, you receive help. Achcha.

Blessing: May you be a special soul who makes unconscious ones conscious with the life-giving herb of specialities.

Feed all souls with the life-giving herb of an elevated awareness and the awareness of their specialities and they will become conscious from unconscious. Keep the mirror of the form of specialities in front of them. By reminding others, you will automatically become a special soul. If you speak to others of weaknesses, they will either try to hide them or put you off, but if you speak of their specialities, they themselves will clearly experience their own weakness. Make unconscious ones conscious with this life-giving herb, continue to fly and make others fly.

Slogan: To renounce name, respect, honour and facilities even in your thoughts is the greatest renunciation. * * *